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Tiger Woods, Past Participant

Homeless given a chance to make music

RECORDINGS Calgarians will soon hear the music of the homeless.

Yesterday afternoon, clients of the Calgary Drop-In and Rehab Centre (The DI) got the opportunity to record music using a state-of-the-art recording studio.

"As a kid, I always dreamt of being a singer," said Norm Saunders, a singer from The DI who, along with five other homeless musicians, is participating in the project. "It seems kind of impossible a guy from the streets could make it here, but here I am."

METRO CALGARY

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

- Auto
- In this time of penny pinching, the experts explain why you should know the ins and outs of insurance, pg 13
- Tomorrow
- Food – We give you a few budget-friendly meals the whole family will love.

Milan High fashion



A model walks the runway at the Zuhair Murad fashion show for the designer's fall/winter 2009 women's collection during Milan Fashion Week yesterday in Milan, Italy.

New incentives for oil and gas

JEFF CUMMINGS
Metro Canada

With oil and gas prices dropping to new lows, Alberta's government is hoping to sail the province's oil and gas sector through an economic siege after unveiling a three-point incentive plan aimed at saving jobs.

The program aims to help small energy companies who have been hit hard by the global credit crunch and plummeting commodity prices, said Energy Minister Mel Knight in a news conference in Calgary.

"While we cannot

make up for the impact that global financial markets are having in Alberta, we are doing what we can," said Knight, who stressed the new plan is not a government bailout.

Companies within the first year of the program that are drilling new wells will receive a \$200-per-metre-drilled royalty credit on a scale based on last year's production levels.

Knight said the government will also offer up a five per cent royalty rate within the first year of production to reinvest in Alberta's once-booming energy

sector.

The government will kick in \$30 million to clean up old oil and gas well sites under the new plan,

Knight said. The announcement of the program comes after the province recently created a transitional royalty rate to help companies in the oil and gas sectors to maintain oil production.

"This is a global economic situation that we are not immune to," said Knight, who added that more programs to help the industry could be coming. "Alberta is in this like everyone else."



Knight

Calgary place to be: Mayor

ECONOMY Calgary is the place to be during the economic hard times.

That's the message Mayor Dave Bronconnier

wants Calgarians to know as he delivered his annual State of the City address yesterday to the Downtown Rotary Club.

"When you look at it the future and that's the

across the country, or even in North America, this is where you want to be," Bronconnier told reporters.

Bronconnier said Calgary will move forward with a strategy that includes a massive five-year infrastructure plan and investments in core city services, including \$2 billion this year and \$6 billion total.

"We have taken dollars to invest for

right way to keep Calgary moving and Alberta a place for people to come and invest in," Bronconnier said.

The city will be finishing up key LRT projects including the West Leg by 2012, hiring 130 new firefighters and 300 new police officers and adding recreation centres, all of which he equates to a "shot in the arm" for the economy.



Bronconnier

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Stampede an "outstanding" sponsorship property, Chicago-based group says

The Calgary Stampede is considered one of the most valuable sponsorship properties in North America, according to the Chicago-based International Event Group. The IEG said the Calgary Stampede is "an outstanding property in which to invest." The Stampede currently holds the support of 300 sponsors. **METRO CALGARY**

3

Local



Info sought in hit and run

The Calgary Police Service is seeking public assistance in locating a vehicle that struck a pedestrian Feb. 1 in an alleged hit-and-run incident at 12024 Symons Valley N.W., which left the victim seriously injured. Three white males were riding in the car described as a blue four-door import. Anyone with information is asked to call CPS Traffic Section at (403) 567-4000. **METRO CALGARY**

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News in brief

ROBBERIES Calgary police have charged Michael Manchulenko, 39, with two counts of robbery and two counts of possession of a weapon related to two 7-Eleven robberies that occurred early Monday morning. The robberies took place at 2903 Centre St. N. and 2417 4 St. N.W. Three other robberies at other locations the same day are still under investigation. No injuries occurred, but items stolen included cash, cigarettes and food items. **METRO CALGARY**

metronews.ca
What's online today.

Video Canmore's Three Sisters development is going ahead at metronews.ca/local
Video Alberta man thinks the province is home to Canada's own version of Stonehenge at metronews.ca/local
Analysis Gang violence in Vancouver linked to Mexico drug wars at metronews.ca/canada



Flood submerges Sunnyside

JENNIFER HILLIKER
for Metro Calgary

Rebekah Roberts was doing schoolwork in her home in the northwest community of Sunnyside when she heard what sounded like a waterfall coming from her basement.

She discovered six feet of water downstairs, the result of a flood that likely started because of a backed-up sewage system affected by heavy rain and snow overnight.

"I panicked," the Mount Royal nursing student said. "I couldn't see the road or the sidewalk because there was so much water. What worried me the most was the really strong smell of natural gas. I called Enmax and they got the firefighters down here — I didn't have to do anything, really."

Jeff Budai of the Calgary Fire Department said 10 to 15 homes in the area suffered water damage.



Calgary firefighters were in cleanup mode in Kensington and Sunnyside yesterday. A backed-up sewage system likely strained by melting snow flooded several homes in those areas.

"When we arrived here this morning there was knee-level water flowing through the streets," Budai said.

"We're bringing in a command bus so that as people begin arriving

home, we're here to answer their questions."

Emergency crews shut down power in the area and closed Memorial Drive near 7th Street.

"I was jumping around lakes and ponds this morn-

ing," said Diane Meadows, a Canada Post deliverer who has worked the Sunnyside route for over 30 years. "The power is off, so I can't get into buildings. A lot of this mail is going back to the office today."

Fake police equipment found in raid

DRUGS Police have busted a trafficking operation with ties to B.C.'s Lower Mainland, but are concerned by what else they found during the investigation.

On Feb. 11 a police bust found two kilograms of ketamine and \$10,000 in cash. Searches on three homes turned up cocaine, weapons and credit card skimmers. But of the greatest concern to investigators was finding police sirens and body armour with the "police" logo.

"Basically it's a home-invasion kit so these groups can rob from other organized crime groups," Staff Sgt. Gord Eiriksson said, adding the fake equipment was never used on civilians.

Adam Harlock, 30, Lisa Harlock, 30, Tony Chau, 34, Bryan Scully, 25 and Curtis Choi, 27, have been charged with numerous offences.

KRISTA SYLVESTER/METRO CALGARY

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Man pleads not guilty in bus beheading trial
Believing he was acting on orders from God, Vincent Li allegedly attacked a stranger on a Greyhound bus in Manitoba last summer, mutilating his victim before decapitating him and cannibalizing part of the body. Li pleaded not guilty yesterday in Winnipeg to a charge of second-degree murder. **CBC NEWS ONLINE**

Canada



Former speaker dead at 73

Gilbert Parent, the former Liberal Speaker of the House of Commons, died Monday night at the age of 73. Parent, who had represented a riding in Ontario's Niagara region, was Speaker from 1994-2001. He had battled a lengthy illness. Known as "Gibby," Parent was elected to Parliament in 1979 and 1980, but lost his seat during the Conservative sweep in the 1984 federal election. **CBC NEWS ONLINE**

Abused dog now thriving in Vermont

PETS Michou, a Quebec poodle who was left in a frozen car for 19 days, is thriving with new owners, an animal control officer for the state Vermont said. Michou lost more than half his body weight as he sat starving and dehydrated in the freezing cold and was near death inside the Eurovan of his Quebec owner, who had flown off from Burlington International Airport in Vermont.

TORSTAR NEWS SERVICE

News in brief

GAMING A new game is waiting in the wings, the Ontario Lottery and Gaming Commission has announced. The new national lottery will include "more millionaires than ever before," said spokesperson Rui Brum.

TORSTAR NEWS SERVICE

Nova Scotia Winter wallop



A man and his dog traverse the sidewalk in downtown Amherst, N.S., yesterday morning. Thousands of people in the Maritimes are without power following a night of freezing rain.

BRAD WORSK/AMHERST DAILY NEWS

System ripped over inmate's suicide

Mentally ill teenager's death preventable: Report

The federal government and others have a responsibility to finally answer Ashley Smith's desperate cry for help, Canada's correctional investigator Howard Sapers says.

Sapers presented his report, A Preventable Death, yesterday with "considerable sadness and frustration" and emphasized the deeply troubled Moncton, N.B., teenager's death in a Kitchener prison was another example of the systemic failures of the federal prison system.

The 19-year-old Smith, described as mentally ill and suicidal, bounced around the federal prison

Moved around

• Smith was an inmate at the Grand Valley Institute for Women in Kitchener, Ont., when she committed suicide on Oct. 19, 2007. She had been in the federal correctional system about 11 months and had been transferred 17 times, serving two stints at the Grand Valley site.

system until she "needlessly" died by her own hand in October 2007 while prison staff stood by and watched, Sapers told a press conference.

"I urge the federal, provincial and territorial

government to develop a national strategy to ensure better co-ordination among correctional and mental-health systems nationwide," Sapers said.

"Simply and sadly put, if not for the glaring void of mental-health services for children, youth and offenders in Canada, Ashley Smith would likely never have ended up in a federal penitentiary where she ended her life," he said.

Public Safety Minister Peter Van Loan said many changes have recently been made in the corrections system to respond to mental-health challenges.

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Weight-loss surgery beats diabetes: Study

The most common form of diabetes disappears in nearly 80 per cent of obese diabetics after weight-loss surgery, researchers said yesterday. **REUTERS**

World

Clinton still sees Palestinian state

No other way to end bloodshed, U.S. says

A Palestinian state, Hillary Clinton said yesterday, is in Israel's best interests.

Many Israelis, not least supporters of the likely incoming government, do not see it that way. And many Palestinians are giving up hope that continuing the U.S.-backed "peace process" can deliver them the independent state Clinton is talking about.

On her first visit to Jerusalem as U.S. secretary of state, Clinton's assertion that "a two-state solution is inescapable" was pointed. Incoming prime minister Benjamin Netanyahu is strenuously avoiding committing to a Palestinian

"The headline of 'two states for two peoples' may have to be interpreted in different ways."

Zalman Shoval, Likud

state as he tries to form a ruling coalition.

Her comments reflect near-unanimity among western diplomats that there is no other way out of 60-odd years of bloodshed.

Netanyahu is not opposed to Palestinian statehood, but says it should have limited sovereignty

and not be the guaranteed outcome of negotiations. The formulation "two states for two peoples," used by Israeli, Palestinian and U.S. leaders who relaunched talks at Annapolis in 2007 is not one he favours.

"The headline of 'two states for two peoples' may have to be interpreted in different ways," said Zalman Shoval, foreign relations chief of Likud.

"Whether at the end of the day it's called a Palestinian state, or a state with limited sovereignty ... that is something that will have to come out of the negotiations," Shoval said. **REUTERS**

New York City Citizens welcome U2 Way



Members of rock band U2, Adam Clayton, second from right, Bono, centre, and Edge, second from left, hold street signs next to New York Mayor Michael Bloomberg, right, and city council speaker Christine Quinn after a portion of West 53rd Street was renamed U2 Way in New York yesterday. U2's new album No Line on the Horizon was released yesterday.

News in brief

MEXICO Hundreds of heavily armed soldiers fanned out across Mexico's bloodiest drug war city of Ciudad Juarez yesterday, trying to prevent a collapse in law and order just south of the U.S. border.

SRI LANKA Troops yesterday seized the last road junction held by the Tamil Tigers, and now have about three kilometres left to capture before reaching a final showdown in the 25-year-old Sri Lankan war, the military said. **REUTERS**

Pakistani police seek cricket team's attackers

AMBUSH Pakistani police hunted for gunmen who mounted the bold attack on Sri Lanka's cricket team in Lahore yesterday and officials scrambled to figure out who was behind it.

The attack that killed eight people, six of them Pakistani police, plunged Pakistan into a "state of war," Rehman Malik, the prime minister's interior

adviser, said.

Six members of the Sri Lankan team and a British coach were wounded in the daylight attack as their bus approached the cricket stadium.

None was so seriously hurt they had to be left behind when the squad departed for Colombo yesterday night. **REUTERS**

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Comment

The one feel-good story

Aussie tourism contest helping to warm up a dreary winter

TheWestView

Paul Sullivan

metronews.ca/thewestview

The news is pretty grim these days (that's an understatement), but if you haven't heard about The Best Job in The World, you're missing the one news story on the planet guaranteed to make you feel better and get you through the rest of this #\$\$^&*! winter of '09.

Back in January, someone in the Queensland Department of Tourism had an inspired idea. What if we start a job search for the best job in the world? And so they did, and they're not kidding. Based on all criteria and the Geneva Convention, this is the best job in the world.

It's a six-month contract for a "caretaker" for the Islands of the Great Barrier Reef.

The successful applicant basically plays tourist on some of the world's most beautiful tropical islands, is required to blog about their experience once a week, and gets paid the equivalent of about \$124,000 for the, um, task.

You're immediately tempted to ask, "what's the catch?" And those clever Aussies have that one listed in their website's FAQ, under "Is this a real job?" assuring visitors that yes, it is and no, there is no catch. Just apply, mate.

Sadly, while I was dreaming about refilling the towel dispensers on Daydream Island, just one of the 900 islands in the world's largest coral reef system, 34,684 real applicants got busy and sent in their applications, which include a one-minute video. So many people just wanted to bang on their

drum all day, they crashed the site.

Tourism Queensland has just announced the top 50 applicants and the lucky 50 and their videos are posted on www.islandreefjob.com. You can vote for your favourite, and the applicant with the most votes gets an interview along with 10 others selected by Tourism Queensland. It is a "real job," after all.

Of course, anyone can see through all this malarkey. It's just the most clever tourism promotion ever.

Of course, anyone can see through all this malarkey. It's just the most clever tourism promotion ever. And it doesn't hurt that it's the antidote to the worst winter in the worst economy in decades.

Maybe that's why such a disproportionate number of the final 50 are Canadians. Desperation breeds creativity. Three are from B.C., one is from Alberta and two are from Ontario.

Anny Chih of Vancouver gets big marks for her irre-

sistibly cute video, but Mitchell from Ontario is the Canadian to beat. He staged a musical job application on a busy downtown street with a cast of dozens that rivals the best of Broadway. Mamma Mia!

So most of us aren't going to get the job of island caretaker, but at least we can vote for our choice. Maybe they'll send us a sack of sand in gratitude. We better roll up our sleeves, though, because Mitchell's currently in second place behind Julia, the Russian Bond girl, who is way out in the lead with 4005 votes and counting.

Then again, maybe you'd consider a write-in campaign for me, your favourite columnist.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

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LEADERSHIP IN AN ERA OF ECONOMIC UNCERTAINTY:

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After metro

Metro Online Poll Results

29% SAID YES

Do you think the Mounties who confronted Robert Dziekanski acted appropriately?

71% SAID NO

Weigh in on today's question at metronews.ca

Worth mentioning

U.S. scientists no longer endangered

ENVIRONMENT U.S. President Barack Obama yesterday directed U.S. government agencies to consult with scientists before taking action that could harm endangered species, rolling back last-minute rules put forward by former president George W. Bush.

Obama, a Democrat who has spent much of his first six weeks in office undoing policies of his Republican predecessor, signed a memo urging agencies such as the Department of Transportation to consult with government scientists before pursuing projects that could hurt threatened animals.

"Today I've signed a memorandum that will help restore the scientific process to its rightful place at the heart of the Endan-

gered Species Act, a process undermined by past administrations," Obama said to applause.

"The work of scientists and experts in my administration ... will be respected. For more than three decades, the Endangered Species Act has successfully protected our nation's most threatened wildlife, and we should be looking for ways to improve it — not weaken it."

Representative Edward Markey of Massachusetts, who chairs a Congressional committee on energy independence and global warming, welcomed the move.

"Today proves that, under an Obama administration, scientists are no longer an endangered species," he said in a statement.

REUTERS

Word on the street: Aside from your mother, who is the most influential woman in your life?

Ryan Stewart

age 21, Calgary

A: My Grandmother — she was a saint and the life of pretty much everything. She was a sweet woman.

Nikki Kimmel

age 19, Calgary

A: Helen Keller. She just had to battle so much and had so much willpower.

Sean Reid

age 32, Edmonton

A: Definitely my 94-year-old grandmother, she's a trooper ... I can only aspire to be as strong as she is.

Mary Hazell

age 46, Edmonton

A: Despite the question, it has to be my mother. Whenever I think I need changes in my life, I will always think what she did.

Tara Town

age 23, Toronto

A: My best friend ... We grew up together and ... she just knows me a lot more than all the other friends.

Robert Talbot

age 27, Ottawa

A: My wife, because she's a very intelligent person and helps me make decisions when I'm sitting on the fence.



It's your turn to tell others what you think. Email your thoughts and opinions to: calgaryletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Former HP chief has breast cancer surgery

Former Hewlett-Packard co-chief executive and high-profile Republican Carly Fiorina had breast cancer surgery on Monday, and hopes to be recovered within months. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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Banks remain profitable

Canada's banks remained profitable even as the global financial crisis deepened, but results from two big players show bad loans on the upswing.

Bank of Nova Scotia, Canada's third-largest lender, reported weaker earnings per share yesterday as provisions for bad loans more than doubled and its payout of preferred share dividends rose.

Bank of Montreal, the No. 5 lender, reported a 12 per cent fall in net income, hurt by charges tied to volatile capital markets and an 86 per cent jump in provisions for credit losses.

"Although the core re-

Bank of Canada cuts key rate

• The Bank of Canada cut its main interest rate to a record low yesterday and signalled it may take extra steps to pump money into a system that remains stubbornly short of credit. The bank reduced its key overnight rate by a half point to 0.5 per cent.

sults are doing fine, we have a continued deterioration of credit quality, which is going to be the focus of the market going forward," said John Aiken, an analyst at Dundee Capital Markets. "(Earnings) more than likely are going to stay positive, but they're going to be lower than where we stand today because of credit losses."

Canadian banks, routine-

ly ranked as the world's soundest, have remained profitable despite a crisis that has pushed many U.S. and European institutions to the brink of insolvency.

Analysts credit conservative lending practices for the stronger performance, and for helping Canadian banks avoid the massive write-downs and losses seen in other countries.

BMO and Scotia were the

last of the Canadian Big Six to report results for the quarter that ended Jan. 31.

Canadian banking shares rallied last week after four of the Six — Royal Bank of Canada, Canadian Imperial Bank of Commerce, National Bank of Canada and Toronto-Dominion Bank — surprised investors with stronger-than-expected profits.

Analysts said the Scotiabank and Bank of Montreal results were reasonably solid.

Shares of Scotiabank rose initially, before easing late morning as the overall market turned negative.

REUTERS

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Hot car Z-one makes its debut



A model poses in front of a Z-one car by South-African producer Perana designed by Italian design company Zagato at the 79th Geneva Car Show at the Palexpo in Geneva yesterday.

Fed chair defends latest AIG bailout

BALLOUT U.S. Federal Reserve chairman Ben Bernanke yesterday defended the government's latest bailout of embattled insurer AIG, telling irate lawmakers that he was also angry, but that the failure to act could have triggered an

economic disaster.

Pressed by a Senate committee to justify the latest in an expanding series of bailouts for American International Group, Bernanke said there was no alternative.

REUTERS

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Sports



"Don Cherry is like Rush Limbaugh and President Obama is in office ... Change has come. It is like oxygen, get used to it."

Washington Capitals owner Ted Leonsis, left, reacting on his blog, www.tedstake.com, to comments Cherry made saying Alex Ovechkin celebrates too much after scoring.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Flames bounce back

LAURENCE HEINEN
for Metro Calgary

THE SKINNY: David Moss notched his first career hat trick while Jarome Iginla remained red hot with a pair of goals as the Flames bounced back from Sunday's disappointing 8-6 loss on home ice to the Tampa Bay Lightning.

THE QUOTE: "It's even better for our team to get the win," Moss said during a Flames Pay-Per-View interview. "It's something that doesn't happen too often for me, so it'll be a good memory."

ROAD WARRIORS: The Flames kicked off their marathon seven-games-in-12-nights road trip as the Tim Hortons Brier was set to run March 7-15 at the Saddledome.

NHL RESULT

Flames 6 Senators 3



THE FIRSTS: Warren Peters recorded his first-ever National Hockey League goal at 12:26 of the first period when he snuck a shot to the short side past Ottawa goalie Alex Auld. David Van der Gulik set up the goal for his first NHL point.

THE BIG HIT: Early in the third, Dion Phaneuf caught Dany Heatley with his head down and delivered a thunderous check. With Heatley down, Jason Spezza challenged Phaneuf to a fight in a bit of a mismatch.



David Moss hits Ottawa's Christoph Schubert last night.

THE PAYOFF: Spezza received an extra two minutes for instigating and Moss made the Senators pay when he tapped a pass from Jamie Lundmark into a wide-open net.

THE STATS: Both Moss and Lundmark are riding three-

game point streaks, while Moss has now scored 12 of his 19 goals this season in the third period.

THE NEXT GAME: The Flames now head to Philadelphia to play the Flyers tomorrow night (5 p.m. MST, Flames Pay-Per-View, Fan 960).

Hufnagel gets his due as CFL coach of the year

DAN TOTH
for Metro Calgary

FOOTBALL John Hufnagel is the first to admit he walked into a diamond mine when he was hired last year as Calgary Stampeders head coach.

There's also little doubt the first-year boss knew how to make those gems shine, leading the team to the 2008 Grey Cup championship before yesterday being named winner of the Annis Stukus Trophy, awarded annually to the top head coach in the CFL.

"I identified early on what needed to be fixed," Hufnagel said in a telephone press conference, noting he inherited a "pretty good football team."

"I tried to be clear with my communication with the players and I tried to establish a trust factor between the players and the coach's office. That was the starting point for our team's success."

Hufnagel instantly earned the respect of his players in Calgary with a résumé that boasted several seasons as a successful offensive co-ordinator in the NFL. He took a playoff-quality Stamps team from the previous three seasons and



John Hufnagel was named coach of the year yesterday.

polished its game to championship lustre.

"He raised the level of expectation and accountability within our team and guys obviously responded well. From the first day of camp, he earned respect and led us to the championship," said Stamps quarterback Henry Burris.

Hufnagel led the Stamps to the sixth Grey Cup title in franchise history with a 22-14 win over the Alouettes in Montreal. He guided the Stamps to a 13-5 regular-season record and a first-place finish in the West Division before defeating the B.C. Lions in the West Final.

Hufnagel is the fifth Stamps coach to win the Stukus Trophy, joining a group that includes Jerry Williams (1967), Jack Gotta (1978), Wally Buono (1992, '93) and Tom Higgins (2005).



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What's online today

Read about the tragic story of John C. Odom, a one-time Calgary Viper baseball player who made headlines last year after being traded to a team in Texas for 10 baseball bats at metronews.ca/sports.

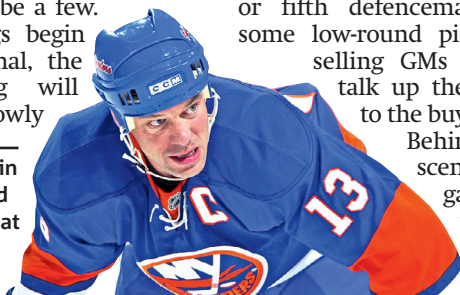
Deadline day comes but once a year

NHL Coffee brewed, scouting charts laid out, and lists of wants and needs neatly organized, the general managers of the NHL's 30 teams will meet in boardrooms across North America this morning for the trade deadline.

Around them will be their confidantes, assistants and scouting directors ready to dial the phones, buzz the blackberries, text the messages, e the mail.

Reputations will be carved, saviours will be anointed, nerves will be frayed, and regrets — there'll be a few. If things begin as normal, the morning will go slowly

Bill Guerin remained in limbo at press time.



The players

Most likely to be traded

- C Bill Guerin, Islanders
- D Derek Morris, Coyotes
- D Filip Kuba, Senators
- C Tim Connolly, Sabres
- G Pascal Leclaire, Blue Jackets
- C Olli Jokinen, Coyotes

Don't be surprised

- C Jason Spezza, Senators
- RW Marian Gaborik, Wild
- C Jordan Staal, Penguins

- D Brian Campbell, Blackhawks
- F Brian Gionta, Devils

Also available

- F Sergei Kostitsyn, Canadiens
- LW Mason Raymond, Canucks
- RW Kris Chucko, Flames
- C Rob Schremp, Oilers
- G Erik Ersberg, Kings

from a public perspective: Perhaps a few fourth liners, or fifth defencemen for some low-round picks as selling GMs try to talk up the price to the buyers.

Behind the scenes, organization

quickly descends into chaos. Deals talked about for weeks can be thrown out, while deals born at 1 p.m. can be consummated at 1:10 p.m.

Once the first big domino falls — Chris Pronger? Tomas Kaberle? — there will be a rush of deals to the 1 p.m. deadline.

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Metro Drive

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA



The 2010 Fusion Hybrid is the first time the model's been offered as a gasoline-electric hybrid.

Ford growing green

Fusion Hybrid excels in eco-friendly style

JIL MCINTOSH
for Metro Canada

My Ford Fusion is sprouting leaves. The gauge starts with a branch, and as I drive along with my foot as light as possible on the throttle, the greenery starts to grow. Eventually, I'm rewarded with a forest for my fuel-miserly method.

Naturally, this is no ordinary Fusion. Ford's midsize sedan is overhauled for 2010, with all receiving new engines and six-speed automatic transmissions. My ride, the Fusion Hybrid, is the first time it's been offered as a gasoline-electric hybrid.

It uses a 2.5 L four-cylinder engine with electric motor, nickel hydride (NiMH)

battery pack, and a continuously variable transmission (CVT). The combination produces 155 horsepower and 136 lb-ft of torque.

It's a "full" hybrid and can run on electricity alone, something its only domestic competitor, the Chevrolet Malibu/Saturn Aura Hybrid, cannot. Ford says it'll stay on battery power alone at speeds up to 75 km/h. As with every current factory hybrid, the Fusion Hybrid doesn't get plugged in, but uses energy from braking to recharge the battery.

Although the Hybrid's exterior doesn't look any different from its conventional siblings, save for its badges, the instrument cluster contains Ford's new "Smart-Gauge," including a system it calls EcoGuide. Two LCD screens on either side of the

speedometer are configurable through wheel-mounted buttons to four levels. Each adds information, starting with the simplest display of fuel and battery charge status; from there, you can add items such as a gauge to show when the car's running on electricity, power consumption from accessories, power output, and the foliage feature. It's gimmicky, but it's fun: Drive more economically, and the branches sprout more leaves, while a lead foot makes them fall off.

The new styling is handsome, and the interior is a considerable improvement over the outgoing model in quality of materials and workmanship. Expect this one to do well for itself when it arrives in Canada.

Driving down insurance costs

MARK ATKINSON
for Metro Canada

Riding the Recession

Vehicle insurance can be one of the most expensive portions of your yearly budget, and one of the most frustrating to understand. Since it's mandatory to have insurance in order to drive a vehicle anywhere in Canada, there are a few things we can do to change our situation, both for new car buyers and existing owners. While it may only end up being a savings of \$50, in these touchy economic times, that \$50 can go a long way.

Andrew Wicken, general manager of InsuranceHot-

line.com, says that shopping around is the easiest way to try and save money. The services provided at InsuranceHotline.com include the option to compare up to 30 different quotes from various insurance companies across Canada.

"While the coverage itself remains the same, the difference comes from how those companies internally deal with risk and other factors," Wicken said. Companies could have hugely

varying rates depending on which customer type they're trying to attract and what other promotions they might have running.

David Hackett, of Markham, Ont.-based Buckley Insurance believes that when it comes to factors directly influencing the quote, things like location and vehicle type perhaps are the most obvious ones, although being a better driver certainly helps as well.

"Keep a clean driving record," he said. "Seeing the number of tickets and charges on your licence is extremely easy for an insurance company to do nowadays, and that usually leads to higher rates.

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Car Insurance Rates Are Increasing – Are YOU Prepared To Pay More?

The average rates in Ontario for car insurance are set to increase in 2009, with some insurance companies getting the approval to increase their rates by over 10%. Are you prepared to pay more?

Given the economic slowdown, how can you ensure that you are not overpaying for car insurance and getting the lowest rate possible for your driving profile?

How To Reduce Your Car Insurance Costs?

First and foremost, the best and easiest way to lower the cost of your car insurance is to shop around.

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. So it pays to shop around. Take a look at the table below.

BUT, where do you start? This is where InsuranceHotline.com can help.

InsuranceHotline.com is an independent rate comparison engine that gets quotes from over 30 of the top car insurance companies in Canada, presents you with the lowest 3, and then matches you up with a broker or agent that can set up your policy. The service is Fast, Safe and FREE.

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It takes only a few minutes to complete a quote. InsuranceHotline.com will give you the lowest car insurance rate for your driving profile and match you with a broker or agent. Guaranteed. What else can I do? Review these tips to save even more money.

8 Tips To Reduce Your Car Insurance Costs:

- 1. Maintain a good driving record.** Drive carefully, wear your seat belt and don't become distracted while driving. Accidents and traffic tickets (not including parking tickets) can increase your insurance premium.
- 2. Increase your deductibles.** The higher the deductible, the lower your premium.
- 3. Take public transit.** If you drive to work, consider using the bus or the subway. Driving your car less could lower your insurance rates.
- 4. Purchase accident forgiveness.** If you are involved in an at fault accident, accident forgiveness protects your driving record and insurance rate. Inquire with your licensed insurance professional to see if you qualify for this coverage.
- 5. Review your coverage.** If you drive an older vehicle, you may want to consider removing your collision or comprehensive coverage. This can reduce your rates but you should first discuss this with a licensed insurance broker or agent.
- 6. Change the type of car you drive.** Some vehicles cost more to repair than others. Other vehicles have a better safety record. The type of car you drive affects your insurance costs, so choose wisely.
- 7. Insure your car and home with the same company.** Many companies will offer a discount if you purchase both car and home insurance with them.
- 8. Complete driving courses.** New drivers should take an accredited drivers training course, which not only prepares you to become a better driver, but also qualifies you for a discount with many insurance companies.

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Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Acts of kindness

Imagine what the world would be like if everyone did something nice for someone else. Inspired by his mother, who lost her battle with cancer, Brad Stokes set out on an “Extreme Kindness Tour” in 2002, where he encouraged Canadians to perform random acts of kindness.

Stokes, who co-wrote the book *Cool to be Kind: Random Acts and How to Commit Them*, offers these tips:

- **Be deliberate in your random acts.** Each morning set the intention to do something nice for a stranger.
- **Don't be shy.** Reach out to people; you'll be surprised how much they'll appreciate it.
- **Savour the moment.** Take a moment to savour the happiness you've brought into someone else's day; it will make you feel great too! **METRO NEWS SERVICES**

A heroic hound

JENNIFER HILLIKER
for Metro Canada



Although Tanguis is only eight years old, he has put in hundreds and hundreds of hours of volunteer work over his life.

He works with clients of all ages and situations, counselling people on grief, mental and emotional stress, self-esteem and relationship issues.

And he does it all on four legs.

“He's a canine good citizen,” said his owner, Straja Linder King.

“Tanguis sees the beauty in every person's soul,” King said. “The absolute unconditional love that Tanguis elicits truly changes the ambience in a room. You can see how everyone becomes more relaxed.

“They'll give Tanguis a hug and know that they're not going to be judged.”

The gentle Shilo Shepherd recently won The Animal Hero Award from the Pet Therapy Society of Northern Alberta for his heroism in saving a woman from two black bears.

She was left alone setting up a memorial at Camp Chief Hector near Cochrane.

“He bared his teeth and shooed them with a grace that's beyond words,” said King. “He's such a brave, strong dog.”

Tanguis also participates in a reading program with the Calgary Public Library and elementary schools, where children who struggle with literacy practice reading to a dog where they won't be judged on their mistakes.

“He's such a brave, strong dog.”

Straja Linder King

“I had tears in my eyes to watch him with these little children reading to Tanguis when they would normally be too scared,” King said.

Tanguis connected with Nateisha Dustyhorn four years ago through an art therapy program.

“I was going through a lot and I needed someone,” Dustyhorn said. “We clicked right away.”

Today, Tanguis has a 28-week-old apprentice, another Shilo Shepherd set to take over when he retires.

Alison Archambault and her husband have two Pet Access League Society (PALS) therapy dogs and are raising a national serv-



Straja Linder King and Tanguis work together in therapy healing.

ice dog, which will soon be given to a family with an autistic child.

“My pet can give so much that people can't give,” Archambault said.

“I'll walk into a room and some of the people there won't be capable of speaking. They'll put a hand on the dog's head and just sit there. They

have clearly exchanged a conversation that I haven't been involved with.”

Archambault said it can be difficult to train a dog to become a therapy dog.

“They have to have a very specific bag of characteristics, but it's not about their physicality,” she said. “It's actually what is innately in that dog's heart.”

ROBIN KUNIS/FOR METRO CALGARY

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Beating the recession

The Bimbo Gami shrine, about four hours' drive from Tokyo, lets visitors shake off their financial doldrums by hitting a wooden statue representing the God of Poverty. Visitors can beat, kick and throw dried beans at the god to vent their anger. **REUTERS**

15

Travel



Is he kidding?

Michael O'Leary, the CEO of budget airline Ryanair, has caused a minor furore by musing that passengers may soon have to pay to use on-board washrooms. But since O'Leary is also well-known for his PR-generating abilities, no one's sure yet whether he's joking.

METRO NEWS SERVICES

TRAVELDESK@METRONEWS.CA

Cooking up a storm in Turkey

TheTravelJunkie



Mardin is a charming town in the Turkish region of southeastern Anatolia. Located high above the Tigris-Euphrates river basins, it's rich with religious tradition, historical significance and ancient sandstone architecture.

It's also home to tasty local snacks, from pomegranate salads to stuffed tripe to grape-syrup kebabs. Blending Turkish and Syrian flavours, Mardin fusion cuisine made for meals unlike anything I'd tried in other parts of the country.

Likewise, the celebrated Mardin eatery Cercis Murat Konagi isn't your typical Turkish restaurant. Overlooking the vast expanse of the scorching Mesopotamian plain, this former Armenian mansion dating back to the 1800s not only serves succulent Turkish cuisine, it also offers hands-on cooking courses for tourists.

Cercis Murat's four-hour cooking class began with a trip to market. Ebru Baydemir, a local celebrity entrepreneur known as the first female restaurateur in eastern Anatolia, took me to a lively commercial center, where vendors hawked ripe, colorful vegetables.

On the hunt for ingredients, side-stepping the occa-



Ebru Baydemir, owner of Cercis Murat, is a famous female entrepreneur in eastern Anatolia.

sional donkey, we carefully selected a handful of deep purple eggplants, blood-red tomatoes, eye-watering onions and warm flatbreads. Supplies in hand, we returned to the kitchen, slipped on cloth hairnets, tied our aprons and got cooking.

Ebru told me that classes and meals can be customized according to tourists' interests but that icli kofte — fried, stuffed meatballs — is a classic dish. I followed her tutelage and got my hands dirty.

Wrist deep in cracked wheat, onion, mince and allspice, I shaped the falafel-like shells into egg-sized balls and plopped them into a skillet of searing hot oil.

Stirring, mixing, chopping and dicing, I learned cooking techniques from a crew of female chefs. In this region of Turkey, women don't traditionally work outside of the home but Ebru has broken new ground.

The restaurant has be-

Mardin

How to get there: Turkish Airlines offers daily, direct two-hour flights from Istanbul to Mardin; see thy.com.

Where to stay: Erdoba Konaklari is a charming boutique hotel in the heart of the old town. The historic mansion has wide stone terraces and rooms overlooking Mesopotamia; see erdoba.com.tr.

Where to eat: For more information about the Cercis Murat cooking school, visit cercismurat.com and click

on "translate this" to see the English version.

Places to visit:

- Sultan Isa Medresesi, the town's architectural highlight.
- Bazaar along Cumhuriyet Caddesi for some unique bargain shopping.
- Mardin Castle, a natural rock structure turned fortification.
- Mardin Museum for a look at 7th Century BC Assyrian pottery.

JULIA DIMON/
FOR METRO CANADA

come so popular that it's won several awards for best views and has even attracted the attention of Prince Charles, who visited there with his royal entourage in 2004 for a private function.

As my kofte cooled, I was ready to dive into my next dish, Patlicanli pilav, a type of upside-down casserole made with lamb, chickpeas, onions, rice, eggplant and lots of cinnamon.

No doubt, the best part of a cooking class is eating your homework. Fingers drizzling with lamb juice, the chefs (and my taste buds) agreed that the meal was a success. It was worth the charge of 100 lira (about \$75 Cdn), a fee that includes a trip to the market, all the ingredients and lessons.

Julia Dimon is co-host of Word Travels, airing Sundays at 9:30 p.m. on OLN; juliadimon.com.

Wave of hip Lisbon hostels reinvents backpacker digs

PORTUGAL Squeaky clean, elegant and well-located, a young crop of Lisbon hostels is reinventing the concept of a backpacker's inn, luring guests of all ages in these difficult times and sweeping the industry's own Oscars.

Dublin-based hostelworld.com recently named Portugal's capital the top location for hostels in the world in its Hostelworld Customer Annual Ratings, or Hoscars. Three Lisbon establishments were picked as No. 1 through No. 3 among 20,000 properties worldwide, and a fourth ranked in the top 10. The ratings are based on 800,000 travellers' reviews.

"There has been an explosion of hostels in Lisbon for the past year and a half and

the quality of the hostels has been extraordinary," said Aisling White, marketing manager with Web Reservations International, Hostelworld's parent company. "They really lead the way in an ongoing change of the image and standard of a hostel."

Located in Lisbon's tourist-crammed downtown Baixa area, they are not far from the Tagus River and surrounded by historic monuments and dozens of typical pastry shops.

Cosy, brightly decorated chill out rooms with flat TV screens and free Internet would make many boutique hotels envious. Bathrooms are impeccably clean and dorms with bunk beds are far from barracks-ugly.

REUTERS

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Candy girl

Britney Spears has proved just how much she has turned her life around by landing a deal as spokeswoman for American clothing line Candies.

FEMALEFIRST.CO.UK

No ordinary comic

New Watchmen film ventures into grim territory

CHRIS ALEXANDER
for Metro Canada

This Friday, there is no doubt going to be a fair chunk of Metro readers that drop their hard earned duckets and file in to their local multiplex to see the latest Day-Glo pop pulp comic book blockbuster, the heavily hyped and mass merchandised epic Watchmen.

But before you do friends, you'd be wise to take a moment and read the following passages, a primer to the most anticipated film of the year thus far.

First of all dear readers, be aware that this is not your daddy's brand of su-

perhero saga and those expecting the movie to be in line with the PG rated likes of Spider-Man or X-Men should give their collective heads a shake.

Based on the beloved cult graphic novel by cantankerous British visionary Alan Moore, Watchmen ventures into the very essence of grim and takes few prisoners. The emotionally disturbed, semi-retired, latex-wearing crusaders who populate the picture are the opposite of heroic, they're anti-heroes straight out of the most nihilistic film noir and their helpful attempts to save lives don't always end well.

As directed by Zack Snyder, the guy who splashed

Movie feature

buckets of blood over the rock hard abs of the screaming Spartans in 300, and who two years prior to that unleashed a cannibalistic zombie apocalypse in his remake of Dawn of the Dead, the film is also one of the most brutally violent pictures of the year, littered with broken bodies and spraying arteries of every persuasion.

Violence isn't the only thing that sets Watchmen apart, the film is also graphically sexual to boot. If you've ever fantasized about Bat Girl hooking up with Captain America, then this movie is for you.

If not, well, you've been warned.

But perhaps most importantly, Watchmen is incredibly sophisticated entertainment, as intellectually and morally challenging as it is visceral and erotic. It asks its audience some pointed questions about the world they live in and refuses to pander to shrinking violet sensibilities.

So if you plan to see it, eat your greens, rest up and bring the biggest cup of caffeine you can fit into your cupholder (the film is almost three hours long) because Watchmen takes its pen and ink origins very seriously and expects its audience to do the same.



The emotionally disturbed, semi-retired, latex-wearing crusaders who populate Watchmen are the opposite of heroic, they're anti-heroes straight out of the most nihilistic film noir.

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/4/09	267	351	- ACCESS	Lost "LaFleur" (N)	Law & Order (HDTV)	America's Next Top Model (Season Premiere) (N)					Truth, Duty
	243	317	3 CFCN	etalk	Hollywood	CSI: NY "Turbulence"	American Idol (HDTV)	Criminal Minds (HDTV)			News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News	The Simpsons	King		Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Lost (HDTV)	Lost "LaFleur" (N)		Life on Mars
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	The Week the Women Went	Being Erica (N) (DVS)	CBC News: The National	CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	(8:02) Life on Mars	House	Lie to Me "Unchained"			News Hour
	246	-	8 CKAL	Law & Order: SVU	Murdoch Mysteries	Friends	Friends	Nip/Tuck			Your City
	119	705	9 CBXFT	Virginie (SC)	L'Épicerie	Le Match des étoiles (SC)	Les Invincibles (SC)	Le Téléjournal et Les Nou			TJ Alberta
	-	-	10 SHAW	(6) Local Programming				Local Programming			
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)	Old Christine	Gary Unmarr	Criminal Minds (HDTV)		CSI: NY
primetime	-	374	14 KSPS	NewsHour With Jim Lehrer	Celtic Woman: The Greatest Journey			Bruce Springsteen			Monarchy-Royl
	502	390	15 CBC	CBC News: The National	Tropic of Capricorn	CBC News: The National		CBC News: The National	Capricorn		Capricorn
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Knight Rider (HDTV)	Life "Jackpot" (HDTV)		Law & Order
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)	Lie to Me "Unchained"		News (N)
	297	652	37 WPXI	America's Next Top Model (N)	PIX News at Ten Tong.	Sex and-City	Friends	Sex and-City	According-Jim		Frasier
	500	500	29 CNN	Larry King Live	Anderson Cooper 360 (HDTV)			Larry King Live			Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace	Showbiz Tonight		Lou Dobbs Tonight			Nancy Grace
	400	400	21 TSN	NHL Hockey	SportsCentre (HDTV) (Live)	Off the Record		Motoring 2009			Billiards
	408	418	27 net	Poker After Dark	WHL Hockey Tri-City Americans at Vancouver Giants. (Live)						Sportsnet Con.
	410	403	30 SCORE	Aussie Millions '09	Score Tonight	Hardcore Hockey Talk		Final Score	Final Score		Final Score
news	411	457	44 OLN	Mantracker	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman	Mantracker	Mantracker	Bounty Hunter
	417	406	48 SPEED	Pinks (HDTV)	Drag Race	Drag Race	Wrecked	Pimp My Ride	Pass Time	Pinks Outtakes	Pinks (HDTV)
	552	543	20 YTV	Drake & Josh	iCarly	In Real Life (N)	Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	555	545	67 TOON	Ben 10: Alien	Johnny Test	Totally Spies	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Three Chords	Sessions	Home Improve.	Home Improve.
	553	546	17 TREE	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small (N)	Max & Ruby	Babar	Backyardigans	Dora-Explorer
	-	-	18 CHTV	The Insider (N)	E! News	Missy Elliott: True Story	Knight Rider (HDTV) (N)	Party Monsters: Cabo (N)			News (N)
	505	398	19 TWN	EarthWatch One	EarthWatch One						
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Grocery	Grocery	Supersize vs. Superskinny (N)	Stuck (N)
sports	521	560	24 TLD	A New Face For Marlie	Mystery Diagnosis	My Shocking Story	Challenge	A New Face For Marlie			Mystery Diag.
	603	561	25 FOOD	Iron Chef America	Top Chef	Restaurant Makeover					Iron Chef Am.
	615	520	26 A&E	Bounty Hunter	Bounty Hunter	Bounty Hunter	Exterminators	Exterminators	Bounty Hunter	Bounty Hunter	Bounty Hunter
	617	522	32 SHOW	Wife Swap	The Outer Limits	Cashing In	About a Girl	The Guard (HDTV)			Big Love
	601	562	33 SLICE	Real Housewives of OC	Kimora: Fab	Kardashians	ET Canada	Matchmaker	Chop Shop	Mr. Friday	Trading Sp
	-	633	34 ENC2	Earthquake	(7:35) Big Meat Eater	(1982, Comedy)	Deep Blue Sea	(1999, Science Fiction)		(10:45) Hollow Man	(2000)
	520	505	35 DISC	Deadliest Catch	Mayday "Falling From the Sky"	Daily Planet		MythBusters			Austin Stevens
	620	523	36 BRAVO	Wingfield	Wingfield	Death at-Opera	Broadway	Law & Order	Without a Trace		Broken Hearts
	294	650	40 WPCB	(6) Payback (1999)	Steve Harvey	Seinfeld	Family Guy	Family Guy	Payback	(1999, Action) Mel Gibson.	
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	Jon Dore Show
family	-	539	42 TCM	(7:15) Code of the Secret Service (1939)	Smashing the Money Ring		CSI: Crime Scene Instgtn.	CSI: NY (HDTV)			Disorderly
	628	584	43 SPIKE	UFC's Ultimate Fight Night			Outlaw Bikers	Ice Road Truckers			NCIS
	522	516	45 HIST	Outlaw Bikers	NCIS "Enigma"		Stargate SG-1	Star Trek: Next Gener.			Trek: Voyager
	627	528	46 SPACE	Star Trek: Voyager	Watchmen	The Circuit					
	-	-	47 AMC	(6) The Package (1989, Suspense)	Clear and Present	Danger	(1994, Suspense) (HDTV)	Harrison Ford, Willem Dafoe.			
	619	525	49 TROP	What Happen?	What Happen?	Reality	Ad Persuasion	Family Guy	Seinfeld	Raymond	Family Guy
	600	564	50 HGTV	Property Virgin	Unsellable	Hid Potential	Really Big Flip	Holmes on Homes	Property Virgin	Unsellable	Mansions
	501	391	52 CTV	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play	Market Call	Headline	Market Call	Commodities	Business News		Squeeze Play
	526	507	92 VIVA	The West Wing	Mediums	Psychic Det.	Mediums	Encounters	Judging Amy		Commander
cable variety	269	350	93 APTN	APTN National News: Contact	Reel Insights	Canadian Geographic	Miywayawin	Guides			Wings-Canada
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Van. Nights	Sabor Latino		Sabor Musical
	571	581	100 MMM	20 Greatest Celebreality Fight	Confessions of a Teen Idol	Revival	Back In	Party of Five	America's Best Dance Crew		Confessions
	570	580	101 MM	Technical Diff.	Technical Diff.	Video on Trial	Video on Trial	PunchMuch			disBand
	581	566	102 MTV	The Real World	The Real World (N)	MTV Live	After	From G's to Gents			Real World

critics' corner

Gary Unmarried
Under ordinary circumstances, Gary (Jay Mohr) rarely lets ex-wife Allison's (Paula Marshall) fiancé, Dr. Krandall (Ed Begley Jr.), ruffle his feathers, but he's plenty concerned when he notices how much time Krandall is spending with Gary's teenage son, Tom (Ryan Malgarini), and vows to bond more strongly with the boy himself. Jaime King and Kathryn Newton co-star in the new episode "Gary Toughens Up Tom." 9:30 PM on KREM



Life
After a woman is found in a pool of blood at a table set with a romantic dinner for two, Crews and Reese's (Damien Lewis, Sarah Shahi) investigation leads them to an eccentric support group for lottery winners; Rachel (Jessy Schram) refuses to tell Crews anything about her father's murder but comes to realize the two of them share a common bond. Former "CHiPs" star Erik Estrada makes a cameo appearance in "Jackdot." 10 PM on KHQ

Spinal Tap stars serious about tour

MUSIC It's no joke. The comedic trio behind Spinal Tap are hitting the road for a 30-city North American tour next month, and are leaving their heavy-metal guises at home.

Christopher Guest, Michael McKean and Harry Shearer — accomplished musicians who have been playing together since 1978 — say they will perform music from their Spinal Tap days as well as from subsequent film collaborations like the folk-music spoof A Mighty Wind.

They performed a few songs and took questions during a news conference held on the 25th anniversary of the release of This Is Spinal Tap, in which the Americans played deluded English headbangers.

REUTERS

GlobalStyle

Kenya Hunt

Read Milan Fashion Week reviews, exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Jackson set for summer concerts

Sky News is reporting that Michael Jackson will perform a string of concerts in London this summer. The 50-year-old will end his exile as a live performer by staging a residency at the O2 Arena. ANANOVA.COM



One week with Jackson

STEVE GOW
for Metro Canada



Joshua Jackson has been pretty tired lately — but then that's what you get for having a somewhat manic job.

"I was on my knees Hoovering brains off a carpet two days ago," the Canadian-bred actor shockingly admitted during a recent stop in Toronto.

While that revelation might sound disturbingly morbid at first, consider the context. After all, Jackson's clean-up was taking place on the set of his new hit sci-fi TV show *Fringe* — one of the main reasons for his hectic schedule.

The other? Returning from Hollywood to his homeland to promote his latest movie, *One Week* — opening Friday — in which Jackson plays a young man who copes with a terminal disease by traversing the Great White North on a motorcycle.

"It's a celebration of the many Canadas," said Jackson, admitting the film's patriotic affection was part of the draw.

"There's so much to do between here and Tofino and because it's a road movie, which is unusual, you actually get to see and experience much of the country instead of one specific region."

And that is just what



Joshua Jackson plays a man who copes with a terminal disease by traversing the Great White North on a motorcycle in *One Week*, which opens in theatres on Friday.

Jackson and director Mike McGowan did — travel across Canada with just a tiny film crew. Although he is no stranger to the road, Jackson admits it was a gruelling challenge.

"I used to do the road trip between Vancouver and Wilm-

ington, N.C., where I used to (shoot *Dawson's Creek*)

every year, so I've done that a ton but I never went Vancouver to Toronto and south.

"To be honest, I always thought the Prairies would be kind of boring."

Instead, Jackson's "big revelation" was discovering the beauty of the flat, humbling expanse of land and the hidden treasures along its stretch of highways.

One of the pure joys of watching *One Week* is encountering such bizarre Canadian roadside attractions as the Wawa Goose

and the giant nickel in Sudbury.

"The dinosaur (in Drumheller) was just so fabulously ridiculous," Jackson said of his favourite stop.

"That you can pay five bucks to walk a staircase to get into the mouth of a giant Tyrannosaurus rex in the middle of the Prairies is fantastic."

Coming to theatres

- *One Week* opens in theatres on Friday.

Deadlines foil designer

RAFAEL BRUSILOV
for Metro Canada



Toronto designer Jeff MacKinnon's last-minute designs finally ran out of steam and he was sent home from Project Runway Canada last night.

Last night's challenge gave designers a chance at national exposure by having their dress become the first ever original design to be sold by clothing retailer Winners at select stores across Canada. Designers had to create the perfect spring dress which could be worn both during the day and into the evening.

The judges felt MacKinnon's simple, white reversible dress wasn't innovative enough and wouldn't stand out to customers, making him the sixth designer booted off the show.

MacKinnon, 41, had already survived elimination a few weeks before and frequently seemed to struggle with the short time frame given to create dresses on the show.

"The time constraints were the toughest part of the show. I'm very meticulous and it was difficult for me to just get the job done," MacKinnon said.

Used to doing painstaking custom work for clients over a period of weeks instead of banging out garments in 48 hours, MacKinnon was often forced to resort to shortcuts to get his dresses finished. Among one of MacKinnon's desperate moves was using glue to patch fabric strips onto several dresses, something he would never do in normal

conditions — but he insists he wasn't the only one cutting corners.

"Desperate times call for desperate measures, but we were all doing stuff like that. A lot of people were using glue, a lot of people were using tape," MacKinnon said.

Stretched to the limit in last night's challenge, MacKinnon went as far as

to draw on apparent hand-stitching with a marker to get his dress in on time. In early

episodes,

MacKinnon did full interior finishing on his dresses but quickly realized time was too tight for perfection. Looking back, MacKinnon thinks he probably should have switched to simpler designs and spent more time "dressing up" the exterior of his dresses to make more of an impact.

Still, he says his experience on the show was a blast that took him out of his comfort zone and let him prove he could be adventurous. "It was something I never thought in a million years I would do — I'm a very private person, quite shy, and I'm very proud of myself for doing this," MacKinnon said.

When to watch

- Project Runway Canada airs Tuesday nights on Global.



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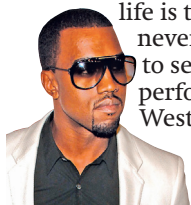
Sharon Osbourne is being sued by a woman she allegedly attacked on her VH1 show, Rock of Love: Charm School, TMZ.com reports. Megan Hauserman reportedly filed a lawsuit in L.A. County Superior Court Monday against Osbourne, adds usmagazine.com. **METRO NEWS SERVICES**

Celebrity Buzz

'I am God's vessel': Kanye

PEOPLE Kanye West has a pretty high opinion of himself. In fact, the rapper believes he was chosen by God to have superior music ability.

"God chose me. He made a path for me. I am God's vessel," West said during a taping for the VH1 Storytellers series. "But my greatest pain in life is that I will never be able to see myself perform live," West added.



METRO NEWS SERVICES

Nicole loves Keith's sexy shots

PEOPLE Nicole Kidman's musician husband, Keith Urban, famously posed for Playgirl magazine eight years ago, but his wife hadn't seen the steamy photos until recently — and she wasn't let down.

"Nicole was impressed with the shots," Urban tells Britain's New magazine. "It was spread over two pages and had staples in all the right places."



METRO NEWS SERVICES

Jonas Bro's antics turns Emma off

PEOPLE Emma Roberts no longer has a crush on Nick Jonas — who's dated Miley Cyrus and Selena Gomez — because "he's kind of making his rounds in Hollywood," reports femalefirst.co.uk.

The 18-year-old actress claims the 16-year-old Jonas Brother's busy love life has put her off.



METRO NEWS SERVICES

Reunion sparks concerns

SCANDAL Rihanna may have spent the weekend in Miami with Chris Brown, but her family isn't quite ready for the tumultuous couple to reunite, people.com reports.

"Everyone wants them to take a break, to cool off," a relative of Rihanna tells People after the pair returned to Los Angeles together Monday.

"No one wants them back together." Family thought that the relationship was over after Brown al-

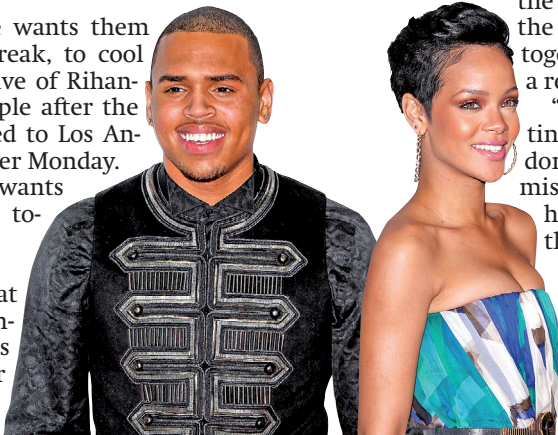
legedly battered Rihanna on Feb. 8. The couple went their own ways for a while — he went home, while she recuperated in Barbados and Mexico — but the

separation was short-lived.

The pair reunited in Miami last weekend, spending time at the Star Island mansion of Sean (Diddy) Combs. A source close to the couple told People that the couple was "definitely together" and working on a reconciliation.

"I'm concerned," continues the relative. "I don't want her to make a mistake, and I don't want her to ever go through this again."

The couple left Miami early Monday morning on the same plane, arriving in Southern California.



METRO NEWS SERVICES

So kill me, I wear a bikini: Miley

PEOPLE Miley Cyrus has quit jogging to stop people discussing her breasts, femalefirst.co.uk reports.

The 16-year-old star has been left furious after she was accused of flaunting her curves by wearing a bikini top during an outdoor run with her boyfriend, claiming her choice of clothing is no one else's business.

The Hannah Montana actress said: "I don't get the big whoop, but whatever. I guess it's just ... I'm not allowed to jog any more."

Miley was criticized after she was photographed in a skimpy top and shorts while exercising with her 21-year-old boyfriend, underwear model Justin Gaston, who was topless.

Miley claims she was only wearing the bikini as her eight-year-old sister Noah wanted her to help clean vehicles.

She added to KIIS FM radio host Ryan

Seacrest: "My sister wanted to have a car wash. So I was like, 'OK, we're going to have a car wash.' It's, like, 100 degrees out."

"As I'm running, it got a little bit lower and you could see a little of the bathing suit top. So, oh my goodness, Miley Cyrus wears a two-piece! Kill me! I'm wearing a two-piece, with an eight-year-old."



METRO NEWS SERVICES

No Brangie drama: Jennifer

PEOPLE Jennifer Aniston tells Elle U.K. magazine she doesn't owe anybody her side of the story regarding her relationships with ex-husband Brad Pitt and Angelina Jolie, msn.com reports.

"There are no sides! There is no bad guy

and there is no good guy. There are no villains and there is no heroine in this story. It's just not the case," the actress tells the publication.

She continues, "I remind myself every day that I am lucky. Look

what's out there. Look what people are really living through. There's no comparison. I am happy."

Jennifer recently presented the animation Oscars alongside Jack Black while cameras cut to Brad and Angelina in the audience. The actress is the cover girl of this month's Elle U.K. magazine, on sale this Wednesday.

METRO NEWS SERVICES



Isn't she 60?: Canseco

PEOPLE Jose Canseco can't get over the fact that his 50-year-old ex Madonna is dating 22-year-old Brazilian model Jesus Luz, usmagazine.com reports.

"Oh, my God! Doesn't she realize she is 60 years old? Come on!" he told usmagazine.com. Of Madonna (who took Luz to NYC's Kabbalah Centre on Saturday), Canseco told Us: "When she is 80, what is

she going to date — a guy who is 10 years old? It's getting crazy!"

Madonna doesn't seem to mind their nearly 30-year age difference. A source close to the singer recently told Us Weekly that while she and Luz are not serious, "she is seeing where it goes."



METRO NEWS SERVICES

Lindsay converting?

RELIGION Lindsay Lohan has reportedly found a new way to express her devotion to rumoured girlfriend Samantha Ronson: The Mean Girls star is converting to Judaism, according to Perez Hilton.

Lohan and Ronson were spotted attending services at a syn-

agogue in London last week before hitting the bar mitzvah for Ronson's half-brother. And as speculation over Lohan's faith escalated, the starlet updated her Facebook status to read: "I'm converting."



METRO NEWS SERVICES

Art imitates life for Lauren

CAREER It looks like art is imitating life for Lauren Conrad, people.com reports.

The star of The Hills reveals on her MySpace blog that her new book, L.A. Candy — which is "loosely inspired" by her own experience — follows the story of 19-year-old girl named Jane Roberts "who moves to L.A. and unexpectedly becomes the star of a reality television show."

In the book Jane's best friend is named Scarlett.

The novel, the first in a three-book series being published for young adults by HarperCollins, will be released June 16.

"Some of the characters may symbolize people in my life," writes Conrad, who has gone through a multitude of drama on the MTV series, "But it is in no way calling anyone out."



METRO NEWS SERVICES



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**MOXIE'S
CLASSIC
GRILL**

Today
Sunny
3°C / -5°C

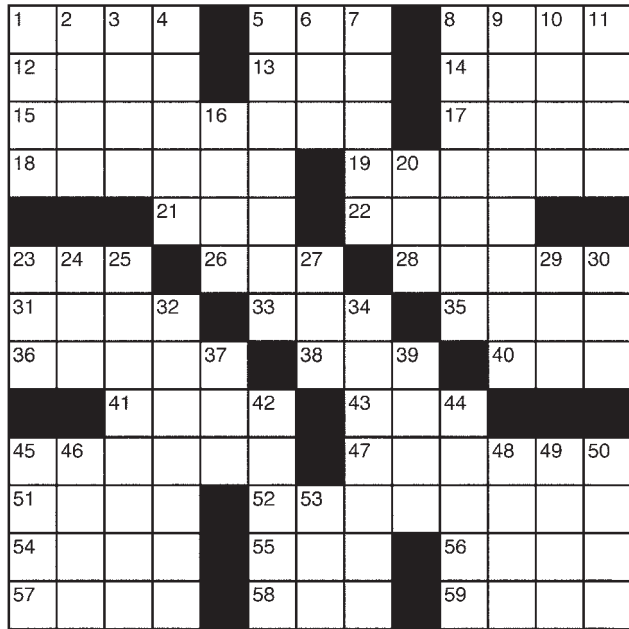
Thursday
Mostly Cloudy
-8°C / -9°C

Friday
Partly cloudy
-6°C / -17°C



Andrew Schultz, Weather Specialist – Breakfast Television
 “I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta.”
WEEKDAYS AT 6 A.M.

Take Five



Crossword across

- | | | |
|-----------------------------------|-------------------------|--------------------------------|
| 1 Glaswegian gal | 23 Docs' org. | 43 In medias — |
| 5 Denny Crane's field | 26 Conger, for one | 45 Wuthering Heights writer |
| 8 — Alto, Calif. | 28 Wails like a banshee | 47 Alibi |
| 12 Canyon phenomenon | 31 Offspring, often | 51 Carry on |
| 13 A Chorus Line song | 33 Vast expanse | 52 Fiddler on the Roof village |
| 14 Privy to | 35 Filthy material | 54 Staffer |
| 15 Miscellaneous written passages | 36 Eucalyptus eater | 55 Young chap |
| 17 Simple | 38 Last (Abbr.) | 56 Approach |
| 18 Indy's hat | 40 Whatever amount | 57 Pleased |
| 19 Whirlpool | 41 Uppercase | 58 Bond, e.g. |
| 21 Zilch | | 59 Skin art, for short |
| 22 Apiece | | |

Crossword down

- | | |
|---------------------------|--------------------------------|
| 1 Emblem on Canada's flag | 29 Sister |
| 2 Dermatologist's case | 30 Pigpen |
| 3 Roe source | 32 On an angle |
| 4 Wise lawgiver | 34 “So soon?” |
| 5 Spots | 37 Suitable |
| 6 Pismire | 39 Libretto |
| 7 Use a loom | 42 Easter stickers |
| 8 Stabs | 44 Bloodhound's clue |
| 9 Curse | 45 Put your feat in your mouth |
| 10 Mislaid | 46 Bar |
| 11 Cameo stone | 48 Eye layer |
| 16 One of HOMES | 49 Old card game |
| 20 Erstwhile acorn | 50 “I'm all —” |
| 23 Request | 53 Siesta |
| 24 Cow's comment | |
| 25 Big snake | |
| 27 Romanian money | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	4	7	1	5	8	2	9
9	2	1	3	6	8	4	5	7
8	7	5	4	9	2	6	3	1
5	4	9	1	3	6	7	8	2
3	6	2	5	8	7	1	9	4
1	8	7	2	4	9	5	6	3
4	5	3	8	2	1	9	7	6
7	1	6	9	5	3	2	4	8
2	9	8	6	7	4	3	1	5

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Middle Eastern Lentil Salad

INGREDIENTS:

- 1 1/3 cup (325 ml) dried brown or green lentils, rinsed
- 1 garlic clove, peeled but left whole
- Good pinch of ground cumin
- 1 slice lemon
- 1 2/3 cup (400 ml) broccoli florets
- 1 small red onion, finely chopped
- 1/2 cup (125 ml) dried apricots, roughly chopped
- 1 each small red, yellow and green pepper, seeded and cut into 3/4-in. (2-cm) dice
- 1 3/4 oz (50 g) firm rindless goat's cheese
- Toasted sunflower seeds to garnish

LEMON AND CORIANDER

DRESSING:

- Juice of 1 lemon
- 2 tbsp (25 ml) extra virgin olive oil
- 1 1/2 tbsp (20 ml) finely chopped fresh coriander leaves
- Salt and freshly ground black pepper

METHOD:

- Put lentils into pot, cover with water and bring to boil. Add garlic, cumin and lemon, reduce heat and simmer 30 minutes, or until lentils are tender. Drop broccoli florets into pot of boiling water and blanch 2 minutes or until broccoli are slightly softened but still crisp. Drain and set aside.
- Meanwhile, put lemon juice, oil, coriander, salt and black pepper into large salad bowl, and whisk.
- Drain lentils, discarding lemon and garlic. Tip into salad bowl and toss gently.
- Add onion, apricots, peppers and broccoli florets and mix gently. Crumble cheese over top, garnish with sunflower seeds and serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
 You'll appreciate an apparent contradiction. A quarrel causes hard feelings. Your hopes will brighten after noon.



TAURUS
APRIL 21-MAY 21
 A receptive friend is more exciting than usual. Job activity heightens your tension. A deep-voiced man runs off with his favourite lady.



GEMINI
MAY 22-JUNE 21
 Animal magnetism causes hearty laughter. Be on call for a former sweetheart. A message left on a machine exceeds expectations.



CANCER
JUNE 22-JULY 22
 The standing of a plan begins to improve. Don't be arrogant with an aloof woman. Something inside you causes embarrassment.



LIBRA
SEPT 23-OCT 23
 Don't call off a meeting before your point is made. A man complains about your behaviour. A kind friend needs your attention.



SCORPIO
OCT 24-NOV 22
 Greedy people want more than they deserve. An admirer is starry-eyed. Friends won't help a self-defeating associate.



SAGITTARIUS
NOV 23-DEC 21
 Secret messages share the recipe for bliss. Start showing attention to an older relative. End a troublesome situation painlessly.



CAPRICORN
DEC 22-JAN 20
 A wicked witch's integrity is challenged. A mother tries to get away with a lie. Good stuff happens in a meditative state.



LEO
JULY 23-AUG 23
 Someone will communicate as effectively as possible. Profound feelings about a romance are disruptive. Restrain your sarcasm with a jovial person.



VIRGO
AUG 24-SEPT 22
 A bashful guy makes dramatic promises. A man needs to be set straight on personal choices. An obnoxious pest will get stuck.



AQUARIUS
JAN 21-FEB 18
 Someone wants you in the picture. Be optimistic that you'll find a dream job. Your confidence brings good luck.



PISCES
FEB 19-MARCH 20
 A secret enemy is a friend. An insecure female wants you to impose discipline. Witness a fair-minded friend's change of attitude.



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WORDY GURDY
BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- New England fish's head droops (1)
- Complete and utter dread (1)
- Not that smooch—the one right here (1) syllables in each word.
- Less naïve skinflint (2)
- Actress Laura's old British coins (2)
- Popcorn seed log (2)
- Bishop's or archbishop's BBs (2)

ANSWERS:
 1. Cods Nods 2. Sheer Fear 3. This Kiss 4. Wisen Miser
 5. Linneys Guineas 6. Kernel Journal 7. Prelates Pellets

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